

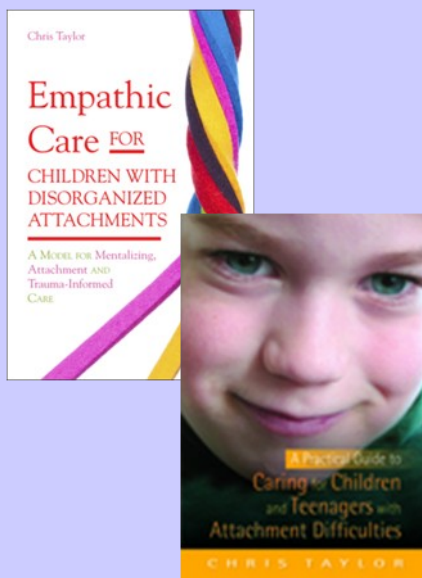


### Chris Taylor



6 March 2014 at 6.00pm in LTELC B (Library building)

# Attachment and Mentalizing: Helping Children with Attachment Trauma



Chris is a widely respected practitioner, writer and trainer in Attachment with Looked After Children. He has 25 years' experience in the practical application of attachment theory and mentalizing to practice in children's homes and foster care. He most recently managed a clinical and therapy team, but now works independently with organizations developing therapeutic working, training staff and providing consultation. He is the author of two practical books on the practical application of attachment theory to working with children and young people: *A Practical Guide to Caring for Children and Teenagers with Attachment Difficulties*, and *Empathic Care for Children with Disorganized Attachments: A model for mentalizing, attachment and trauma-informed care* published by Jessica Kingsley Publishers).

Humans are born to make bonds of affection, and yet for some children this process goes awry. How such children might be helped has exercised therapists and therapeutic workers since the beginning of attachment research. One set of approaches that hold out considerable promise is covered by the term *Mentalizing*. Mentalizing theory is the drawing together of ideas from psychodynamic theories and attachment theory with emerging evidence from neuroscience. Mentalizing is not a therapy technique, but a way of approaching and augmenting the daily work of practice. It is something that humans do naturally, to varying degrees; indeed, it is one of our capacities that mark us as human. It is also a process that can have immense therapeutic value for work with attachments once it has been noticed and thought about.